

Slow Cooker Round Roast

Yield: 10 servings

Adapted from Balsamic Roast Beef Recipe at <https://addapinch.com> (2017)

Ingredients

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| 1 lb. Boneless round roast beef | $\frac{3}{4}$ cup Beef broth, low sodium |
| $\frac{1}{4}$ cup Balsamic vinegar | 1 tablespoon Worcestershire sauce |
| 1 tablespoon Honey | $\frac{1}{2}$ teaspoon Red pepper flakes (optional) |
| 2 cloves Garlic, chopped (optional) | |

Directions

1. Place roast in slow cooker
2. In a 2-cup liquid measuring cup, mix together remaining ingredients
3. Pour mixture over roast. Cover with lid.
4. Cook on high 3-4 hours
5. Remove from slow cooker, break apart with two forks

Nutrition Facts per serving

230 calories, 8 g fat, 90 mg cholesterol, 80 mg sodium, 5 g carbohydrates, 0 g fiber, 32 g protein

